

I tested positive for COVID-2019-March 15th 12:01pm

What do I do now?

If you test positive for COVID-2019, staff from Suffolk County Department of Health Services will contact you to discuss your case. You should isolate yourself from other household and/or family members (those who live with you). In addition, your household and/or family members should also remain at home under quarantine.

Quarantine or isolation means you must stay separate from others in the community for a total period of 14 days to prevent the possible spread of COVID-2019.

- **You must stay at your residence all the time, during the period you are self-quarantined.** You should avoid having company at your residence. If anyone goes into or out of your residence while you are under quarantine or isolation, keep a log (list of names, phone number, and address, see attached contact log). Others in your residence are not restricted from their activities.
- You will need to take your temperature with a thermometer twice a day: in the morning and later in the day, and record your temperature in a temperature log. The Suffolk County Department of Health Services (SCDHS) can provide you with a thermometer.
- You can live with other family members in your home, but it is a good idea to sleep in a separate bedroom and use a separate bathroom until the quarantine or isolation period is over.
- During this period, you should avoid close contact for social or dining activities. Food should be delivered to your individual quarters.
- You may walk outside your house on your own property, but should not come within six feet of neighbors or other members of the public. You should refrain from walking in your neighborhood.
- Symptoms of novel coronavirus include: fever, cough, shortness of breath. If you develop any of these symptoms, you should put on a face mask immediately to prevent other people in your household from becoming sick.
- If you get any of the above symptoms, you should IMMEDIATELY call the SCDHS Public Health Staff at 631-854-0333 (after hours 631-852-4820 and ask for the on-call communicable disease nurse) and let them know about your symptoms. They will arrange for help.

- If you have a true emergency, call 911, and let the person that answers know that you are under quarantine or isolation for novel coronavirus.
- If you feel you need to be relocated to another jurisdiction (city, town, or state), you must first speak to the SCDHS Public Health Staff at 631-854-0333 who will handle your request.
- You will be monitored daily for up to 14 days by the SCDHS Public Health staff to see if you have developed a fever or any other symptoms that could be related to novel coronavirus. The staff will ask for your temperatures and ask you questions about how you are feeling and getting along.
- If you have any questions or if you need assistance with daily living (e.g. food, laundry, etc.), you can ask the SCDHS Public Health staff person monitoring you or you can call this number: 631-854-0333 (after hours 631-852-4820 and ask for the on-call communicable disease nurse).
- If you have concerns about your employment status, SCDHS can provide you with a letter asking your employer to excuse you from work.
- You will be advised by the SCDHS in consultation with the New York State Department of Health when your quarantine or isolation period will end.